THE MORE THEY BURN THE BETTER THEY LEARN

YOUR CHILD + 60+ MIN (Basketball, Bicycle, Swimming) = REPORT CARD

Did you know that kids who are physically active get better grades?

Research shows that students who earn mostly As are almost twice as likely to get regular physical activity than students who receive mostly Ds and Fs.

Physical activity can help students focus, improve behavior and boost positive attitudes. Do what you can to help your child be physically active, be it running, biking or swimming. Any type of physical activity is good, and 60 minutes a day is best. Their grades will thank you!

FOR MORE INFORMATION, VISIT MakingHealthEasier.org/BurnToLearn